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"The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were... and ask, 'Why not?'"

- JFK

# MOSC

*Marine Officer Spouses Club*

April 2006

## From the President...

*Christine Swick*



The Sea Otter Classic (SOC) was a huge success. I want to thank every single one of the spouses and Marines that came out to help. We could **not** have done it with out you! Thank you!!

A Pot-Luck will be held at Mandy Rayfield's house on Thursday May 4<sup>th</sup> @ 6pm to celebrate Cinco-de-Mayo. The event hostesses, Dawn Potraz & Mandy Rayfield, have agreed to host it again, last year it was one of the highlights.

Several members have suggested that we hold monthly coffees in homes instead of planning different types of events. An "in home setting" allows for a more intimate atmosphere allowing more time to get to know each other. We are looking ahead to next year, and would like your input – please email us at [MOSCNPS@hotmail.com](mailto:MOSCNPS@hotmail.com) – and let us know your thoughts. Also, we will be looking for new board members as most of us will move this summer. If you are interested or would like to nominate someone please send us an email.

I have been asked several times over the last few weeks why we have a MOSC and why other service spouses can't participate, since we are all "military". I thought I would share my answer. There is something special about Marines/Marine spouses. Civilians know it, other military members know it, and former/retired Marines know it. We share a unique bond. Being a Marine and a Marine family is something special. We work hard at taking care of our own. Curtis Smith's family is an example of this. Most of us didn't know him, however after hearing about his circumstances and his family we all helped in every way we could. We are in this journey together, and chances are that when we leave here our paths will cross again. Maybe our Marines will deploy to the same locations. It is important that we connect and share our experiences. We understand the sense of loss for a loved one or friend who is killed – even if we didn't know them. We get it! We need the support and friendship of other spouses who truly understand our lives. It is almost like a culture... in fact it **is** a culture. And you know what? I love it!!

Looking forward to seeing you,

Christine Swick

*You're invited to our MOSC Annual Cinco De Mayo Social!*

*Thursday, May 4, 2006 at 6pm*

*1107 Leaky Road*

*Hosted by Dawn Potraz & Mandy Rayfield*



## **THANK YOU for all your help...**

The 2006 Sea Otter Classic was a huge success! MOSC raised enough money to fund our events for the upcoming year!

A BIG Thank You to all the following Sea Otter Classic Volunteers. Your time and effort are truly appreciated!



Lt Col Overton, Cesar Nader, Tracey Grant, Glen Henton, Astrid Diaz, Frank Diaz, Jeff Withee, Eric Long, RJ Simmons, Tanya Murnock, Bret Hyla, Keith Kovats, Jennifer Bock, Justin Swick, Laurie Walther, Wendy Karczewski, Kelly George, Devon Stonaker, Rob Stonaker, Lori Anderson, Adrian Arnold, Kathy Vaughn, Angela Wills, Joe Wills

**Also, A BIG THANK YOU to MOSC Board for all your hard work pulling this event together!!**

### **THE 2006 BALL COORDINATOR NEEDS YOUR HELP!**

**DO YOU HAVE SOME IDEAS ON HOW TO MAKE THE 2006 BIRTHDAY BALL EVEN BETTER?**

**VISIT THE WEBSITE BELOW AND TAKE THE SURVEY!!**

**YOUR OPINION MATTERS!!!**

**[HTTP://WWW.SURVEYMONKEY.COM/S.ASP?U=428732022814](http://www.surveymonkey.com/s.asp?u=428732022814)**

## **Things to do in Monterey County in April & May**

### **April 23**

#### **Dia del Nino**

Monterey Bay Aquarium, Monterey  
Tel: 831-648-4888

[www.montereybayaquarium.org](http://www.montereybayaquarium.org)

With Cinco de Mayo just over the horizon, the Monterey Bay Aquarium honors both the Spanish and Mexican heritage of Monterey with a day of cultural events and crafts for kids

### **April 30**

#### **Big Sur Marathon**

Hwy 1, Big Sur to Carmel  
Tel: 831-625-6226

[www.bsim.org](http://www.bsim.org)

This marathon, consistently named the Best Marathon in North America by The Ultimate Guide to Marathons, is set along one of the most breathtaking routes in the world. Also includes a 21-mile power walk, 5K run, 9-mile walk, 10.6-mile walk, and marathon relay. There are tons of volunteer opportunities through La Mesa Elementary!!

### **May 6**

#### **Marine Mammals Babies and Behavior Tour**

Moss Landing

Tel: 831-633-5555

[www.elkhornslough.com](http://www.elkhornslough.com)

Discover marine mammals like harbor seals and their brand-new pups during a specially guided cruise of Elkhorn Slough Nature Reserve. Early reservations are essential

### **May 6-7**

#### **7th Annual International Festival of the Winds**

Marina

Tel: 831-656-0315

[www.marinafestival.com](http://www.marinafestival.com)

Marina makes the best use of spring-time onshore breezes by hosting a delightful 'WindFest' that features kites large and small, hands-on activities like making a balloon, and much more fun for all ages.

## You know you are a Marine wife when...

Your children have their **own** camouflage face paint **and know** how to apply it correctly

You don't clean your house, you "Field Day" or "Police" it

You cry when you see send off and homecomings on the news

You can pack a bag for overnight or for an unknown number of nights at the drop of a hat

Five words can set your heart racing, "I spoke to my monitor today..."

You like PCSing because your ball gowns will seem new again

You've caught yourself saying cadence while jogging

You know who Chesty Puller was

You understand and live by "Semper Paratus"

You've screamed "Ooh Rah" at a passing vehicle just because it had a Marine Corps bumper sticker

You've used a sentence with the words Devil Dog in it

You know ALL of the words to the Marine's Hymn

You don't run anymore... you hump. You don't feel funny calling a run a hump

You know what MOS means

You correct people when they call your Marine's cover a hat

You know what Ooh Rah gear is... You own Ooh Rah gear

You want to choke anyone who spells or pronounces Corps wrong or doesn't capitalize MARINE

You don't wear garters but your Marine does

You feel a sudden swell of pride every November 10

You correct people who say "ex-Marine"

You keep a few MREs on hand just in case

You understand the conversation when two Marines are talking to each other

You can make one set of curtains fit into four different houses

You've met someone from every state in the CONUS... you know what CONUS means

You know what "the field" smells like

You refer to eating as "chow"

You say phrases like..."good to go", "look it up", "hit the rack" and "suck it up"

You can assemble a list like this within minutes

### 2005-2006 MOSC Board

Christine Swick - President

Michele Eavitt - Vice President

Lori Henton - Treasurer

Amy Kovats - Secretary

Ruth Robbins - Social Coordinator

Hope Wallis & Andy Swope - Newsletter

Thank you ladies, for  
your time!

[MOSCNPS@hotmail.com](mailto:MOSCNPS@hotmail.com)

"Now I understand that life can only be perfect in moments, and that we have to recognize those moments and live in them with all of our heart. We need to move slowly through life, observe and savor the present – it will never happen again – rather than dash to get to the future."

- Rikki Klieman

### IMPORTANT DATES ON THE APRIL/MAY CALENDAR

MAY DAY 05/01

NATIONAL DAY OF PRAYER

05/04

CINCO DE MAYO 05/05

NURSES DAY 05/06

MOTHERS DAY 05/14

MEMORIAL DAY 05/29



## Fit & Free from HIV 5K Fun Run

May 13, 2006 Race Time: 9:00

On the Coastal Recreation Trail in Sand City  
At Playa Trail Head behind OSH

Fit & Free is a 5k Fun Run (run, jog, walk, push strollers) to benefit the "Save a Life" program administered by Global Strategies for HIV Prevention.

100% of the proceeds from this event go to providing much needed medication to mothers with HIV that help to prevent the transmission of HIV to their unborn children. 1,900 infants worldwide become infected with HIV each day. A single dose of a medication called Nevirapine can make all the difference. The "Save a Life" program provides Nevirapine, HIV rapid tests, and an antibiotic Bactrim that can help extend the life of HIV positive mothers by several years, giving them more time to care for and be with her family.

Your \$25 entry fee will save the lives of 15 babies and give necessary medication to the mothers that can prolong their lives. YOU can make the difference

For more information and to Register online, go to  
[www.FitandFreefromHIV.com](http://www.FitandFreefromHIV.com)

The organizers: MOPS at Shoreline Community Church, a non-profit voluntary organization that supports mothers with children in the infant to pre-kindergarten stage of life. [www.MOPS.org](http://www.MOPS.org)

## Recipe Corner: Healthy Chicken Tenders

Want a quick and healthy dinner option...look no further. These tenders are delicious and good for you. Plus they are an easy way to get your kids involved with dinner. Let them help and they'll enjoy the meal even more!

~ 4 servings ~

1 pound boneless, skinless chicken tenders

Salt and pepper to taste

1 (8-ounce) container plain yogurt

2 cups finely ground, toasted bread crumbs

Olive oil or pan coating (such as PAM)

Preheat oven to 400 degrees F.

Season chicken with salt and pepper.

Pour yogurt into a shallow dish or plate. Pour bread crumbs into a separate shallow dish or plate.

Dredge chicken through yogurt, shake off excess, place in crumbs, and coat all over. Gently shake off excess crumbs.

Spray a large non-stick pan with olive oil or pan coating.

Place tenders on the pan and bake for 6 minutes. Turn tenders over and bake another 6 minutes, or until tenders are crisp and cooked through.

*Nutrition per serving: Calories: 253, total fat: 6.6g, saturated fat: 1.6g, carbohydrate: 15g, fiber: 1g, protein: 31g*

**Got a great recipe you'd love to share?**

**Send it to [MOSCNPS@hotmail.com](mailto:MOSCNPS@hotmail.com) and you may see it in the next Newsletter!**



## List of Military Entrepreneurs

<b>Southern Living Home</b>	<b>Sarah Hager</b>	(831) 643-9703
<b>Arbonne International – Premium Swiss Skins Care Independent Consultant</b>	<b>Linda Arick</b> <a href="http://www.straightup.myarbonne.com">http://www.straightup.myarbonne.com</a> <a href="mailto:straightup@myarbonne.com">straightup@myarbonne.com</a>	(831) 658-0631
<b>Cookie Lee Jewelry</b>	<b>Kelle Stroud</b> <a href="mailto:kelles@comcast.net">kelles@comcast.net</a>	(831) 626-6541
<b>The Body Shop at Home</b>	<b>Ruth Robbins</b> <a href="http://www.thebodyshopathome.com/web/rrobbins">http://www.thebodyshopathome.com/web/rrobbins</a> <a href="mailto:RuthsRobbins@gmail.com">RuthsRobbins@gmail.com</a>	(831) 643-9708
<b>Creative Memories</b>	<b>Amy Kovats</b> <a href="mailto:cmc_amykovats@sbcglobal.net">cmc_amykovats@sbcglobal.net</a>	(831) 649-1431
<b>The Body Shop at Home</b>	<b>Shannon Simmons</b> <a href="http://www.thebodyshopathome.com/web/simmons">http://www.thebodyshopathome.com/web/simmons</a> <a href="mailto:srcsimmons@comcast.net">srcsimmons@comcast.net</a>	(831) 274-2496
<b>Mary Kay</b>	<b>Kathy Uchytel</b> <a href="http://www.marykay.com/kathyuchytel">http://www.marykay.com/kathyuchytel</a> <a href="mailto:uchy2us@yahoo.com">uchy2us@yahoo.com</a>	(831) 583-9755
<b>Usborne Books</b>	<b>Joanne Temple</b> <a href="mailto:joanne@myubah.com">joanne@myubah.com</a>	(831) 917-2423
<b>Ms. Love All Natural Skin Care - Made with Emu and Kukui Nut Oil</b>	<b>Melanie Nader</b> <a href="http://www.MsLoveproducts.com">www.MsLoveproducts.com</a>	(831) 521-0507
<b>Pampered Chef</b>	<b>Eunice Chin</b> <a href="http://www.pamperedchef.biz/chef441017">www.pamperedchef.biz/chef441017</a>	(831) 582-2484
<b>Gold Canyon Candles</b>	<b>Brenda Buckley</b> <a href="http://www.mygccandle.com/brenzocandles">www.mygccandle.com/brenzocandles</a>	(831) 392-1415

Do you have a home business that you would like to promote in our newsletter?  
If so, email your information to [MOSCNPS@hotmail.com](mailto:MOSCNPS@hotmail.com) and we will get it our next newsletter!

# May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 May Social 6pm	5	6 La Mesa Carni- vale Auction
7	8	9	10	11	12	13 Fit & Free 5K 9am
14 MOTHERS DAY!!	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

## Babysitter Network:

**Jordan; 13 years old Red Cross cert., Female,**

**La Mesa Her Cell (808) 372-9364**

Do you have someone who loves to baby-sit? ? Does your son or daughter baby sit? There's so much to do in Central California and with the flux of families coming and going each quarter, its hard to find a good sitter.

Please email us at [MOSCNPS@hotmail.com](mailto:MOSCNPS@hotmail.com) with their names, ages, qualifications, and contact information.

Please visit our website for upcoming event information!

**<http://www.usmc.nps.navy.mil/MOSC.htm>**

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